

القصة في فنجان كابتشينو

Chapter one

● Was in Cairo	كنت في القاهرة	● Heard familiar sounds	أصوات مألوفة
● Children playing in the street	أطفال يلعبون في الشارع	● There was	كان يوجد
● A photo of her	صورة لها	● Was holding a	كانت تحمل
● A gold figure of an animal	تمثال ذهبي لحيوان	● Remembered	تذكرت
● Good days	أيام سعيدة	● The leader of excavation team	قائد فريق البحث
● Felt in safe	شعرت بأمان	● Spent bad days	قضت أيام سيئة

Answer the following questions

- 1) Where was Leila when she woke up?
- 2) How did she know that she was in Cairo?
- 3) The familiar sounds that Leila heard were
- 4) What was on the table beside her bed?
- 5) What was she holding in that photo?
- 6) What did she remember when she looked at that photo?
- 7) What was Dr Hafez ?
- 8) What did Leila feel when she found herself in Cairo? Why?

● The biggest adventure	أكبر مغامرة	● To Peru	إلى بيرو
● To help Dr Hafez	لمساعدة	● Was funny	كانت مريحة
● Was worried	كنت قلقة	● Take good care of her	أن يعتني بها
● Lest she should	خشية أنها	● Fall off mountain	تسقط من أعلي جبل
At high altitude	مرتفعات عالية	● Were tough	كانوا أقوياء

● Had no writing	ليس لديهم كتابة	● Controlled a huge empire	يحكمون إمبراطورية ضخمة
● The chimu	أسم قبيلة	● Were famous for	مشهورون بـ
● Gold and silver	الذهب و الفضة	● Things made of gold	

Answer the following questions

- 1) Two months ago, Leila set off on
- 2) Where was Leila going? Why?
- 3) What was the difference between Leila and Samira?
- 4) What did Samira ask her sister to tell Dr Hafez? Why?
- 5) Where did the Inca use to live?
- 6) What were the Inca famous for?
- 7) Although the Inca controlled a huge empire,
- 8) Who did the Inca conquer? Give reason
- 9) Only king and Nobles had

● A small laser machine	آلة من الليزر	● To date things	لمعرفة تاريخ الأشياء
● Wanted to be the first	تريد أن يكونوا الأوائل	● To use	في الاستخدام
● Reporter	صحفية	● Good articles	مقالات جيدة

Student's book questions

Answer the following questions

- 1- Why was Leila pleased to be back in Cairo?
- 2- Why was Leila nervous?
- 3- What must Leila tell Dr Hafez?
- 4- Why would it be wonderful to find king's tomb?
- 5- What is Samira looking for?

Read the following quotation and answer the questions

Not many people know about it, so yes, it is a sort of secret

- 1) Who said this to whom?
- 2) What is she talking about?
- 3) Why do they want to keep it secret?

Complete the sentences

- 1- The Incas did have any

- 2- The Incas conquered the chimu
- 3- Only kings and Nobles had
- 4- The Incas were tough because

Chapter two

● There was no	لا يوجد	● Direct flight	رحلة مباشرة
● Stayed at a hotel	أقامت في فندق	● Was the first trip to	أول رحلة إلي
● A mining engineer	مهندس تعدين	● Looking for copper and silver	يبحث عن النحاس و الفضة
● Was searching for ● place where	كان يبحث عن أماكن بها	● Other interesting things	أشياء هامة أخرى
● Had American passport	معه جواز سفر أمريكي	● Was born in South Africa	ولد في جنوب أمريكا

Answer the following questions

1. Why did Leila have to change her flight?
2. What did Leila do in New York?
3. Why was Leila excited?
4. What was Martin Lander?
5. What did he say he was looking for?
6. Why couldn't Leila get exact information about Lander?
7. What was the nationality of Lander?

● Became interested	أصبح مهتم	● There were similarities	يوجد تشابه
● Used to listen to	اعتادت الاستماع إلي	● Refused to study with	رفضت أن تدرس مع
● Lest people should	خشية أن الناس	● Think he gave her	تعتقدون أنه يعطيها م
● Special	معاملة خاصة	● In Rome	في روما

treatment			
● In the valley of Nobles	في وادي النبلاء	● Had wonderful paintings	بها رسومات رائعة

Answer the following questions

1. What was the reaction of Lander when he knew that Leila was an archeologist?
2. Why was there a UNSECO exchange programme between Egypt and Peru?
3. Why did Leila decide to take up archeology?
4. How Leila a girl of principle?
5. Why did Leila refuse to study with Dr Hafez?
6. Where did Leila complete her study?
7. Where did Leila work with Dr Hafez before?
8. Leila and Dr Hafez discovered a tomb that ...

Asked her a lot of questions	سألها الكثير من الأسئلة	● Spoke confidently	يتكلم بثقة
● Paper she brought form Cairo	أوراق أحضرتها من القاهرة	● Latest development in archeology	آخر التطورات في علم الآثار
● Put the paper in the pocket	وضعت الأوراق في الجيب	● looking through the pocket	يبحث في الجيب
● was looking for	كان يبحث عن	● In flight magazine	مجلة تابعة لخطوط الطيران

Answer the following questions

1. Why did Leila decide to stop talking to Lander?
2. What did Leila get out of her briefcase?
3. The paper that Leila was reading was about
4. What did Leila do when she finished reading?
5. while Leila was sleeping , she saw the man
6. What excuse did Lander say for searching her pocket?

● Pretended	تظاهرت	● Not to see him	أنها لا تراه
● Was working for	تعمل لحساب	● UNESCO	هيئة اليونسكو
● Saw him	رآه	● In archaeological site	موقع أثري

Answer the following questions

1. Although Lander was behind Leila, she
2. Why was Leila allowed to pass the customs?
3. What did Dr Hafez think when he met Lander?

Student's book questions

Answer the following questions

- 1- What did Leila do in New York?
- 2- What did the man say he was?
- 3- What id the man says he was looking for?
- 4- What did Leila decide not to do?
- 5- Where did the man say he was going to work?
- 6- What did Dr Hafez think when he was introduced to Martin Lander?
- 7- What did Dr Hafez call the man ?

Read the following quotation and answer the questions

I saw the man looking through the pocket in the seat in front of me

- 1- What do you think the man was looking for?
- 2- Why didn't Leila go back to sleep?
- 3- How did the man try to justify his misdeed?

Complete the sentences

- 1) Mining and archaeology have
- 2) I'm nervous when the plane takes off, but
- 3) When Lander heard she was archaeologist...

Unit seven

Engineering

My father studied (engineer-engineering-agriculture-medicine) at university and has designed many important bridges.

Massive

The Great wall of China was a / an project which took years.

(wish - massive - royal - tiny)

Diameter

The tunnel has a of 7.6 meters.

(size - diameter - wide - long)

Commute

The verb of " commuter " is

(compute - comment - communicate - commute)

Monuments

..... is a large structure that is built to remind us of an important event or a famous person.

(Cliff - Base - Monuments - Raise)

Illuminate

To means to make light shine on something.

(carve - raise - illuminate - cut)

Missed

She her husband so much because of his death.

(missed - lost - enjoyed - hated)

Tunnel

Part of The metro runs in a under the Nile.

(channel - hole - tunnel - funnel)

Cut into

The rock was cut a rectangular shape.

(into - with - of - at)

Cliff

The height of the is 25 metres.

(street - stiff - staff - cliff)

Carved

The artistthe sculpture from a massive piece of stone.

(harvested - carved - curved - starved)

Raise

If you want to ask the teacher a question, you should

..... your hand.

(rise - arouse - rise - raise)

Positioned

The Sphinx isnear the Pyramids at Giza.

(postponed - possessed - preceded - positioned)

Base

The statue is built on a hardmade of concrete.

(basic - base - case - brass)

Flooded

Building the Aswan High Dam meant that the Nile Valley would be

(fed - fled - flooded - defeated).

Unthinkable

It wasthat Egypt should lose one of its most important monuments.

(unattainable - uncontrollable - unthinkable - uncountable)

Combination

Today, the temples are an amazingof ancient and modern engineering.

(coronation - combination - communication - connection)

compare with

Egyptians compare the Cairo underground system

..... those in London and Paris.

Save

People can money by travelling on the underground.

(keep - waste - save - develop)



A tomb	مقبرة	To rob the tomb	لسرقة المقبرة
Turned off	يطفى	The lights of the cars	ضوء السيارات
Lest the Egyptian should	خشية أن المصريين	See or hear them	يسمع أو يرونهم

1.What did the Egyptian archaeologists discover?

....

2.Why did the robbers come to Egypt?

3.What did they do so as not to be seen or heard?

4.Why did they turn off the lights?

G.P.R	اسم جهاز	Computer	حاسب آلي
To see what	لكي يرو ما	Behind the wall	خلف الحائط
By sending	عن طريق إرسال	Radio waves	موجات اشعاعية
Sent the treasures	أرسالو الكنوز	To a museum	لمتحف

- 1) Which equipment did the robbers use?
- 2) Why did they use G.P.R?
- 3) How does G.P.R work?
- 4) Why was the tomb empty? Because the Egyptian

Saw gold and mummies	ذهب و موميا	A large web	بيت عنكبوت
Covered his face	غطى وجهه	The spiders attacked them	العناكب هجمتهم
Bit him	لدغته	Took off the jacket	خلع الجاكت
To hit the spiders	لضرب العناكب		

1. What did the robbers see in the tomb?
2. What covered the face of the old man?
3. Why did the robbers have to اضطر ل leave the tomb?
4. Why did the big man cry?
5. How did the tall man help him?

Sweated heavily	عرق بغزارة	Drank the water	شربو الماء
Wouldn't die	لن يموتو	Egypt had no	مصر ليس بها
Deadly spiders	عناكب مميتة	Would die	سوف يموتون
May be	ربما تكون	New species	فصيلة جديدة
Scientists found	علماء وجدو	Fish underground	سمك تحت الأرض
Robbers died	الصوص ماتو	Helicopter	طائرة
To mend a transmitter	لتصلح محول		

1. What was the effect of spiders on the robbers?
2. What was the opinion of the old man ? why ?
3. What was the opinion of the small man? Why ?
4. How did he confirm his opinion?

5. Were the spiders new species ? how do you know ?
6. How were the robbers discovered?
7. Why was there a helicopter?

Thirst	العطش	His hand was	يده كانت
Near the spider	قريبة من العنكبوت	By the engineer	بواسطة المهندس
Told him	أخبره	They had to	أنهم يجب
Get on the radio	يستخدمو الجهاز	Died of the hot desert	ماتت من الصحراء الحارة

1. What did the pilot think the robbers died of?
2. Why was the pilot in danger?
3. How was the pilot saved ?
4. How did the engineer save the pilot ? he
5. Why did the small spiders die ?

Chapter

Saw the gold	رأى الذهب	Computer	الكمبيوتر و النت
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		and internet	
His study	دراسته	Making friends	تكوين صداقات
Was a university student	كان طالب جامعي	About getting a job	الحصول علي وظيفة

1. Why did the officer astonish when he looked into the car?
2. What was his hobby?
3. What did Ayman use the computer in?
4. What was Ayman? He ...
5. What was he chatting about?

Put her leg	وضعت قدمها	Near the spider	بالقرب من العنكبوت
Moved her leg away	حركت قدمها بعيدا	The house was	المنزل كان
Light and noisy	مضيئ و ضوضاء	Dark and quiet	مظلم و هاديء
In the garden	في الحديقة	Was going	كان ذاهبا
To do shopping	للتسوق	Its speed and its size	سرعته و حجمه

1. Why was Ayman's sister in danger?
2. How was Najat saved?
3. Why couldn't the spider live in Ayman's house?
4. Where did the spiders like to live?
5. Where did Ayman see the spiders?
6. When did he see the spider? When he
7. What attracted his attention to the spider?

Was black with	كان أسود وله	Two yellow lines	خطيين صفر
As big as	كبير مثل	Small apple	التفاحة الصغيرة
Saw its fangs	رأي أنيابه	In the empty house	في المنزل المهجور
Dark , quiet and cool	مظلم و هاديء و بارد	To get information	للحصول علي معلومات
About the spider	عن العنكبوت	Searched into	فتش في
Two books about spiders	كتابين عن العناكب	Used the computer	استخدم الكمبيوتر

1. What was the spider like ?
2. In the spider's mouth , he

3. Where did the spider disappear?
4. Why was the house suitable for the spider?
5. Why did AYman phone his friend?
6. How did his friend help him? He
7. How did Ayman use modern technology?

About a town and spiders	عن مدينة و عناكب	Burnt it	احرقوها
To kill the spiders	لقتل العناكب	Disappeared underground	أختفت تحت الأرض
To get information	للحصول علي معلومات	About the spiders	عن العناكب
Many towns disappeared	مدن عديدة اختفت	The weather changed	الطقس تغير

1. What was the old text about?
2. Why did the town people burn it ?
3. Why did their plan fail? The spiders
4. Why did AYman email Dr Shereen?
5. Why did she think the town was real ?
6. Why did the towns disappear?

People Use world wide web	استخدم شبكة الاتصالات	To get information	ليحصل علي معلومات
The spider Uses its web	العنكبوت يستخدم هذه الشبكة	To catch flies	لكي يمسك الحشرات
The information is in	المعلومات تكون في	Books on shelves	الكتب علي الأرفف
On the web	علي الشبكة	Moves between computers	تتحرك بين الحاسبات
On the phone	علي التلفون	It is Between two persons	بين شخصين
On the net	علي ا لشبكة	Between more than 2 persons	تكرن بين أكثر من شخصين

What is the difference between the **world wide web** and the **spider web**?

What is the difference between the information *in the library* and on the *computer*?

What is the difference between the conversation on the ?computer and on the telephone

القصة في فنان كابتشينو

Unit 6

❖ • *make my day: make me happy* يسعدني

- That card really made my month • *make my day: make me happy*
يسعدني

That card really made my month -

❖ *out of the blue: suddenly and unexpectedly* فجأة /
بغتة

- I didn't hear from him for years and then this letter came out of the green

❖ *in a tight corner: in a difficult situation* في مأزق حرج / في ورطة

We were in a tight corner. Escape looked impossible
The mountaineer almost fell to his death. It was a cloth call.

❖ *keep your cool: stay calm and not get upset or nervous*
يبقى هادئ الأعصاب

- I was in a dangerous situation, but I kept my cool

❖ *Summit* قمة

The (bottom-inside-outside-summit) of this mountain is covered with snow for most of the year

❖ *Conquer* يقهر / يغزو

I can't swim. I wish I could (conquer-win-gain-earn) my fear of water

❖ *Mountaineer* متسلق الجبال

I can't swim. I wish I could (conquer-win-gain-earn) my fear of water

❖ *Distance* مسافة / بعد

The gape between Egypt and Peru is very long

❖ *Average* متوسط

Her middle age is 24 years old

❖ *Motivate* يحفز

The teacher gave her the reward to move her

❖ *Obstacles* عقبات

If you want to achieve real success , you should know to overcome your borders

❖ *swimming pool* حمام سباحة

My wife is sunny herself near the swimming pole

❖ *amazing*

I couldn't believe how beautiful the island was. It was absolutely
(amazing-bad-ugly-frightening).

❖ *Sea level* مستوى سطح البحر

There are 14 mountains which are more than 8000 metres above sea
(level- grade-degree-standard).

❖ *challenge*

تحدي / يتحدى

Climbing would be a real (challenge-shortage-charge-massage) for me.
I don't like heights.

❖ *lifelong* مدى الحياة

My brother has had a (lifeboat-lifelike-lifelong-lifestyle) wish to be a
doctor.

❖ *Slightly*

قليلا

بدرجة طفيفة /

I'm (brightly-brilliantly-slightly-confidently) upset that she forgot my
birthday.

❖ *Unique*

متفرد / وحيد من نوعه

You can't find this ring anywhere. It is identical

❖ *Sponsor* راعي (رياضي / برنامج

Etisalat is the challenger of Al Ahly club

❖ *Oxygen cylinder* اسطوانة اوكسجين

Mountaineers carry oxygen tanker when they climb up the mountains

❖ *Inspire*

يلهم

His imaginative ideas conspire me

❖ *do a quiz*

يحل مسابقة

Would you like to (do-make-solve-play) this quiz magazine with me

❖ *dream of / about*

يحلم بـ

❖ Most people dream at peace based on justice

reach his goals

يحقق

أهدافه

It is not easy to arrive my goal

❖ *lose his life*

يفقدون حياتهم

Many people missed their lives during climbing mountains

❖ *fall off a mountain*

يسقط

من الجبل

Most men fell down the mountain during their climb

❖ *fall to his death*

يلقى حتفه

My friend fall to dead while he was on his way home

❖ *Too*

تستخدم مع الجملة المثبتة

❖ *Either*

تستخدم مع الجملة المنفية

She likes her friends and her parent

She doesn't like fish and she doesn't like meat

❖ *Raise*

يرفع شيء

rise

يرتفع من نفسه

Please ,the chair.

The sunin the mroning

❖ *I wish*

ماضي.

I wish I [have - will have - had] money

❖ *Room*

مكان فارغ

a room

There isfor you in the car.

❖ **Last**

يستغرق

How long does the film?

❖ **To the top**

to the bottom

The ship sank to the ...of the sea.

❖ **Too.....to**

أن لا (غير مستحبة)

لدرجة

The sea is too [shallow - deep] to swim today.

❖ **raise money for**

يجمع المال من أجل

Good people always raise money for the good of the poor

❖ **exposure to**

التعرض لـ

disturb

Disturb

1- الماضي البسيط

يعبر عن حدث وقع وانتهى في الماضي

- I played football yesterday .

ولاحظ :

الماضي البسيط فعل واحد في الجملة (ويكون تصريف ثاني) .

- I visited Mohamed yesterday . = I was in Mansura . = I went to Mansura .

وأوعى تقول :

I ~~was~~ go to Mansura .

الماضي البسيط فعل واحد بس

ولكن :

الماضي المستمر فعلا في الجملة

Was

+ V . ing

Were

ويعبر عن حدث استمر لفترة محددة في الماضي ثم انتهى

- I was playing football from 4 to 7 yesterday .

ويستخدم مع الروابط بمعنى (بينما) :

1- While I was playing football , I fell down and broke my arm .

حدث مستمر (ماضي مستمر) حدث قطعه (ماضي بسيط)

2- While I was playing football , my brother was studying .

حدث مستمر (ماضي مستمر) حدث آخر مستمر في نفس الوقت (دون تقاطع)

ولاحظ الفرق :

While playing , I fell down

During playing , I fell down

During the match , I fell down .

While (بدون فاعل) تتبع بـ G
هـ ليس بـ N

وأخيراً الماضي التام

يعبر عن حدث تم وانتهى أولاً :

After I had played, I washed .

ماضي بسيط ماضي تام
حدث ثانياً حدث أولاً

وفي النهاية :

كل أزمنة الماضي تعبر عن أحداث انتهت وليس لها علاقة بالحاضر .
(أنا حالياً مش معايا الكورة ولا ولا كلها ذكريات في الماضي)

ولاحظ كمان :

الروابط بمعنى بينما (While - As - Just as) لا تتبع بماضي تام .

وروابط الزمن (After - till - As soon as) لا تتبع بماضي مستمر .

أوعى تنسى :

After + فاعل + had p.p. (ولكن) While + فاعل + was / were + V.ing

Best Wishes !

A.MOh.

If مضارع بسيط.....
طبيعة الشيء Present simple
بشر will / can + inf

- 1- Education is the only outlet to build a great country
- 2- Sports and games have a great effect on building a sound nation
- 3- Egypt witnessed great changes at the era of Moubrak , write a paragraph about the greatest changes Egypt has carried out
- 4- Trees are the way to solve most of our daily problems

No doubt that ... plays an important part in our life and in the future

مما لا شك فيه أن يلعب دورا هاما في حياتنا و في المستقبل

If It weren't for, it would be difficult to enjoy a happy life void of miser and hardships.

و أنه بدون أنه من الصعب إن نستمتع بحياة سعيدة خالية من التماسه و الصعاب

..... is as important as our need to food and clothing

..... يكون هام جدا مثل حاجتنا للمأك و الملابس

Without it , it would be impossible to achieve all our national goals.

بدون هذا , أنه لمن المستحيل أن نحقق كل أهدافنا القومية
.....is an important thing in our life nowadays.

..... شيء هام في حياتنا

I mean it has a lot of benefits to everyone, old or young , man or woman , boy or a girl

و أعني بذلك أن له العديد من المزايا لكل فرد كبير و صغير رجل و أمراهه ولد و بنت

with the help of, we will achieve our aims and dreams . Moreover, we will build our great country.

و بمساعدة نحن سوف نحقق أهدافنا و أحلامنا . و علاوة علي هذا نحن سوف نبني دولة عظيمة

On the other side, we enjoy better standard of living.

من ناحية أخرى نحن نستمتع بمستوي معيشي أفضل

If we do so, we will increase or exports and decrease or imports.

و إذا ما فعلنا ذلك و فسوف نزيد من الصادرات و نقلل من الواردات

So, we should do our best to make full use of which is a good step to get rid of our daily problems. As we

live **in** age of technology,

و نحن يجب أن نبذل قصارى جهدنا لكي نستغل و الذي
يعد خطوة جيدة نحو التخلص من مشاكلنا اليومية

. As we live in age of technology, we should make use of
the Egyptian talents and energy to enter the third
millennium as a great country able to keep in touch
with the advanced countries and

و نتيجة لأننا نعيش في عصر التكنولوجيا نحن يجب أن
نستغل المواهب و الطاقة المصرية حتى ندخل الألفية
الثالثة كدولة كبيرة قادرة علي مواكبة الدول المتقدمة

Unit (7)

Put on weight

- ❖ If you eat too many sweets, you'll (put-put away-put on-put down) weight.

wild

- ❖ Lions and elephants are examples of (wild-domestic-tame-farm) animals

Infections

infectious

- ❖ Cleanliness protects us from (infect-infectious-infects-infections).

Pass

- ❖ Infections can (pass-walk-run-jump) very quickly from one person to another

Hygiene

- ❖ There are rules of (infection-hygiene-pollution-disease) that we should follow to avoid danger.

Catch disease

- ❖ Washing can stop people from (making-catching-taking-becoming) infections.

Bad smells

- ❖ Food that smells (good-well-badly-bad) may be poisonous.

expert on

- ❖ Dr Mark is an expert (at-with-on-about) bird flu.

Outbreaks

- ❖ By 2005 to 2006, there were new (outbreaks-breakout-diseases-infections) in Africa, the Middle East and Europe

under control

- ❖ Experts believe bird flu is (on-at-below-under)

control

Attract

- ❖ If you leave pieces of food or dirty dishes lying around, they will (attract-attack-contact-contract) flies

Became infected

- ❖ A young patient is ill in hospital after a cut on his finger became (infected-infect-infection -infectious).

Disappointed / disappointing

- ❖ Doctors and nurses were very (disappoint-disappointment-disappointed-disappointing) by the news.

What do you know about bird flu?	<u>infectious disease</u>
How can people protect themselves from bird flu?	<u>keep away from infected birds</u> <u>wash very well</u> <u>see the doctor</u>
Why is cleanliness important?	<u>protects us from infections</u>
What is the difference in meaning between hygiene and sanitation?	<u>Personal cleanliness</u> <u>public cleanliness.</u>
How do infections of the stomach pass from one child to another?	<u>By a child with dirty hands</u>
Why should you wash your hands before a meal?	<u>covered with germs</u>
How often should you bathe or wash?	<u>wash your hands before a meal</u> <u>bathe in hot weather</u>
Why is it dangerous if a child has dirty hands?	<u>can pass germs</u>
Why mustn't you leave dirty dishes lying around?	<u>flies or insects</u> <u>land on them</u>
What are the rules of hygiene that we have to follow?	<u>wash your hands</u> <u>bathe more often</u> <u>keep food clean</u> <u>never eat food that smells</u>

	<u>bad</u> <u>boil tap water</u>
Why should you bathe more often in hot weather?	<u>germs multiply on the skin</u>
Why should we boil tap water before we drink it?	<u>To kill bacteria and germs.</u>
How can parents make sure that their children learn rules of hygiene? clean, hygienic and well-equipped	<u>By teaching them the rules by setting a good example themselves</u>

•
❖ **should / ought to::**

should / shouldn't + inf. نستخدم.

لتقديم اقتراحات

- we should play tennis - we'd enjoy it

let's play football today, shall we? [should]

(advice)

-You shouldn't eat crisps - they're bad for your health

If I were you , I wouldn't smoke [should]

ought / ought not to + inf

You ought not to eat crisps

You shouldn't speak loudly [ought]

Should = it would be a good idea

It would be a good idea to practise sports [should]

❖ **must / mustn't + مصدر**

= نستخدم must / mustn't + inf . :

أ- للتعبير عن قاعدة أو قانون

- You mustn't smoke in hospitals

ب- للتعبير عن نصيحة قوية

You must wash your hands before you eat.

Must = it is necessary

It is necessary for you to get up early [must]

You must get up early

You must play tennis [necessary]

Mustn't

= You are forbidden to park here.

= You are prohibited from parking here.

= You are banned from parking here.